

Westport Center for  
**Senior Activities**

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Westport, CT 06880  
203-341-5099  
[seniorcenter@westportct.gov](mailto:seniorcenter@westportct.gov)



*Hello Friends and Welcome September,*

*Today's photo from the WCSA garden was captured in the rain, however, the forecast is calling for beautiful weather for the holiday weekend. We have enjoyed selecting a new flower photo for this newsletter each week and thought it would be fun to share some of your pictures! If you have a garden or flower photo of your own to share for an upcoming bulletin, please email them to Felicia at [fsmith@westportct.gov](mailto:fsmith@westportct.gov).*

*As you may know, September is National Senior Center Month, and this year's theme is "Discover Yours." We are thankful to everyone who helps to make the WCSA a vibrant and special place. In honor of this theme, we have some extra events planned during the next few weeks. Stop by the WCSA for more details or check out the September monthly newsletter below.*

*The WCSA participates in two upcoming walks. We hope you will join one of our walk teams: the **Parkinson's Disease Optimism Walk on Saturday, September 30** or the **Walk to End Alzheimer's on Sunday, October 8**. More details and a registration link can be found in the Upcoming Programs section below.*

*As a reminder, the WCSA will be closed on **Monday, September 4** in observance of Labor Day. We wish you and your families a happy and safe weekend.*

*As always, if there is anything we can do to assist you, please do not hesitate to reach out.*

Wendy

Wendy, Holly, Jason, Felicia, Denise, Paulina, Jenny, Lawrie, and Bobby

**REGISTRATION FOR THE SUMMER 2023 SEMESTER**

Fall 2023 Course  
Catalog

Summer 2023 Course  
Catalog

September Monthly Special  
Programs

Registration for the Fall 2023 Semester (October, November, December) will begin on Monday, September 11 for Westport residents, and on Monday, September 18 for out-of-town residents.

Changing or switching classes will not be allowed after the second class has met.

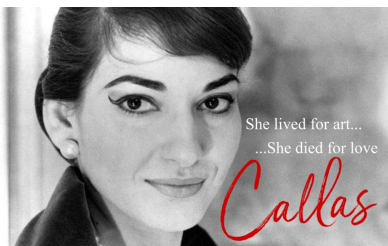
You can access our [2023 Waiver](#), the [September](#) monthly lunch menu, as well as, additional information here and on the WCSA [website](#).

For step-by-step instructions on how to register on MyActiveCenter, please click [here](#).

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**PLEASE NOTE:** Pre-registration is required for ALL classes and programs via either online at [MyActiveCenter.com](https://www.myactivecenter.com) or by calling the WCSA at 203-341-5099.

## FRIENDS OF THE WCSA



Tea Party Celebrating the Life and Music of  
Opera Legend Maria Callas

Friday, September 8  
Time: 1:30 to 3:00 PM  
**Waitlist only.**

Please click [here](#) for additional information.

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Friday with Friends Concert: Suzanne Sheridan



Friday, September 22  
Time: 1:30 to 2:30 PM

Please click [here](#) for additional information.

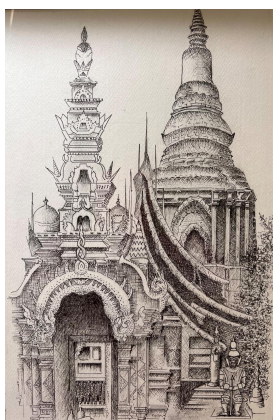


### Gramercy Brass Orchestra of NY

Sunday, October 8  
Time: Doors open at 1:00 PM; concert begins at 2:00 PM

Please click [here](#) for additional information.

## UPCOMING PROGRAMS



### Pen and Ink Drawing Demonstration with Murray Kronick

Tuesday, September 5  
Time: 1:00 to 2:30 PM  
**Waitlist only.**

Please click [here](#) for additional information.



### Letting Go of Stress

Wednesday, September 6  
Time: 1:30 to 2:30 PM

Please click [here](#) for additional information.

### Poetry Prompts with Jack Powers



**Thursday, September 7**  
**Time: 10:00 AM to 2:30 PM**

Please click [here](#) for additional information.



**Fall Prevention Presented by Nuvance Health**

**Thursday, September 7**  
**Time: 1:00 to 2:00 PM**

Please click [here](#) for additional information.



**Thursday Night Social at the Bigelow Center for Senior Activities: Pepe's vs. Sally's Pizza**

**Thursday, September 7**  
**Time: 5:00 to 7:00 PM**  
**Waitlist only.**

Please click [here](#) for additional information.



**Coffee Chat with Detective Erin Shaw**

**Monday, September 11**  
**Time: 10:30 to 11:30 AM**

Please click [here](#) for additional information.

**Ask the Nurse**



**Tuesday, September 12**  
**Time: 9:30 to 11:00 AM**

Please click [here](#) for additional information.

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### **Early Onset Alzheimer's Support Group**

**Tuesday, September 12**  
**Time: 11:00 AM to 12:00 PM**

Please click [here](#) for additional information.

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### **Veterans Morning Coffee Social**

**Wednesday, September 13**  
**Time: 9:30 to 10:30 AM**

Please click [here](#) for additional information.

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### **Caregiver Support Group**

**Wednesday, September 13**  
**Time: 10:00 to 11:00 AM**

Please click [here](#) for additional information.

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### **Sing Along with Holly**

**Thursday, September 14**  
**Time: 11:15 AM to 12:00 PM**

Please click [here](#) for additional information.

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## Just for Men Discussion Group

Thursday, September 14

Time: 1:00 to 2:00 PM

Please click [here](#) for additional information.



## Friday Afternoon Summer Movie Series: A Tribute to Paul Newman

### The Verdict

Friday, September 15

Time: 1:00 to 3:00 PM

Please click [here](#) for additional information.



Strength in optimism. Hope in progress.

## Optimism Walk for Parkinson's Disease at Sherwood Island State Park

Saturday, September 30

Time: Registration - 10:00 AM; Walk - 11:00 AM

Please click [here](#) for additional information.



## Walk to End Alzheimer's with Team Reality Check

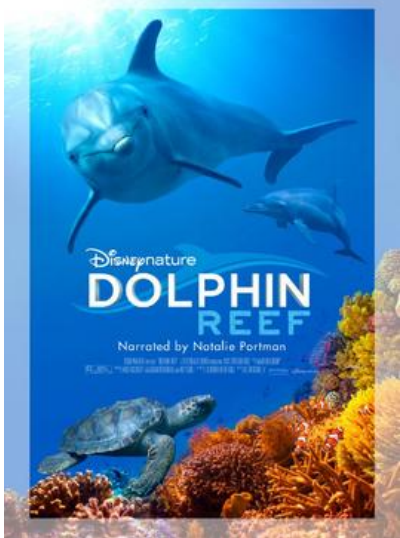
Sunday, October 8

Time: Registration - 8:30 AM; Walk - 10:30 AM

Please click [here](#) for additional information.

## WCSA RECURRING PROGRAMS AND FEATURES

## September 6 Documentary: Disney Nature's Dolphin Reef



Documentaries will be shown at the WCSA every Wednesday at 2:30 PM.

Please click [here](#) to view the list of September documentaries.

Pre-register online at [MyActiveCenter.com](http://MyActiveCenter.com) or by calling the WCSA at 203-341-5099.



### Weekly Tech Help

Westport Student Volunteers are available for half-hour appointments on **Tuesday at 1:15 or 1:45 PM, Wednesday, Thursday, and Friday afternoons from 3:30 or 4:00 PM.**

For an appointment, please call the WCSA at 203-341-5099. Please click [here](#) for additional information.



### Exercise with Patty Kondub on TV Channel 79 Every Friday!

Join Patty on Westport Public Access TV Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music with chair and standing exercises, balance, brain building, memory games and posture exercises. Weights or cans and a pillow may be required. **Fridays from 10:00 to 11:00 AM. Cost: Free.**

Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out of town seniors can watch Patty's program on the Westport town [website](#) on Fridays at 10:00 AM.

## COMMUNITY RESOURCES

**Medical Series on Brain Health to be Hosted at Westport Library**

# The Westport Library...

A three-part series focusing on the human brain and related medical issues will take place at the Westport Library starting **September 7**. The first presentation in the "Andrew Wilk Medical Series: The Brain" is set for **Thursday, September 7 at 7:00 PM** ("Strokes and Transient Ischemic Attacks:" Maximizing the chance for recovery. It will be presented by Drs. Daryl Story and Robert Altbaum), with subsequent programs scheduled for **October 30** ("Headaches and Migraine:" Better understanding the diagnosis and new therapies available. Presenters will be Drs. Dario Zagar and Robert Altbaum) and **November 21** ("What's New in Dementia." The program will be presented by Drs. Michael Fitzpatrick and Robert Altbaum). To register online for the September program, [click here](#).

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Aspetuck  
Health District

## Free Skin Cancer Screening Event

Board Certified Dermatologists, Dr. Nina Antonov and Dr. Marc Beuttler, of Modern Dermatology in Westport will be providing free full body skin cancer screenings and/or spot checks on **Tuesday, September 26** at the Aspetuck Health District, 180 Bayberry Lane. Please click [here](#) for information on how to make an appointment.

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## Human Services Seeks Community Support for Children's Back-to-School and Afterschool Childcare Programs

Human Services Director Elaine Daignault announced the department's Annual Back-to-School and Afterschool Childcare Campaign to support income-eligible families in preparation for the 2023-2024 school year. Contributions can be made to Human Services in three ways: Online at the "We Care Westport" donation portal [www.westportct.gov/donate](http://www.westportct.gov/donate); click "Family to Family Programs - Seasonal Program." Checks by mail; payable to the "Town of Westport Human Services" (Family Programs-BTS or Afterschool Program in the memo line), at



110 Myrtle Ave Westport, CT 06880.  
Walmart gift card donations can be dropped off  
or mailed to Westport Human Services in Room  
200 at Town Hall. For more information on this  
program, please click [here](#).

Town of Westport - Human Services | 21 Imperial Avenue, 110 Myrtle Avenue, Westport, CT  
06880

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